

- [72 Uses For Common Natural Products That Save Money & Avoid Toxins](#)

	Home	Personal Care/ Beauty	Dietary/ Medicinal
<b>Lemon Juice</b>	<ul style="list-style-type: none"> <li>• Clean glass &amp; mirrors</li> <li>• Brighten your whites</li> <li>• Disinfect your cutting board</li> <li>• Brighten your toilet bowl</li> </ul>	<ul style="list-style-type: none"> <li>• Remove sun spots</li> <li>• High-light your hair</li> <li>• Reduce wrinkles</li> <li>• Shrink your pores</li> </ul>	<ul style="list-style-type: none"> <li>• Detox</li> <li>• Improve digestion</li> <li>• Sooth a sore throat</li> <li>• Strengthen immunity</li> </ul>
<b>Coconut Oil</b>	<ul style="list-style-type: none"> <li>• Polish wood furniture</li> <li>• Replace WD-40</li> <li>• Remove shower scum</li> </ul>	<ul style="list-style-type: none"> <li>• Hair serum</li> <li>• Lip gloss</li> <li>• Deodorant</li> <li>• Prevent wrinkles</li> </ul>	<ul style="list-style-type: none"> <li>• Improve thyroid function</li> <li>• Reduce migraines</li> </ul>
<b>Apple Cider Vinegar</b>	<ul style="list-style-type: none"> <li>• Repel fleas</li> <li>• Clean your microwave</li> <li>• Deodorize laundry</li> </ul>	<ul style="list-style-type: none"> <li>• Sooth Sunburns</li> <li>• Wash your hair</li> <li>• Treat acne</li> <li>• Aftershave</li> </ul>	<ul style="list-style-type: none"> <li>• Weight-loss/Detox</li> <li>• Control high-blood pressure</li> <li>• Cure yeast infections</li> <li>• Prevent a cold</li> </ul>
<b>White Vinegar</b>	<ul style="list-style-type: none"> <li>• Polish Silver</li> <li>• Clean windows</li> <li>• Neutralize odors</li> <li>• Unclog your drain</li> </ul>	<ul style="list-style-type: none"> <li>• Cure an upset stomach</li> <li>• Sooth a bee sting</li> <li>• Condition your hair</li> </ul>	<ul style="list-style-type: none"> <li>• Tenderize meat</li> <li>• Boil better eggs</li> <li>• Eliminate garlic odor</li> <li>• Keep veggies fresh</li> </ul>
<b>Baking Soda</b>	<ul style="list-style-type: none"> <li>• Put out fires</li> <li>• Scrub toilets and tubs</li> <li>• Clean your oven or grill</li> </ul>	<ul style="list-style-type: none"> <li>• Deodorant</li> <li>• Toothpaste</li> <li>• Relieve diaper rash</li> <li>• Treat heartburn</li> </ul>	<ul style="list-style-type: none"> <li>• Leavening agent</li> <li>• Make fluffier omelets</li> <li>• Crispier chicken</li> </ul>
<b>Castile Soap</b>	<ul style="list-style-type: none"> <li>• All-purpose cleaner</li> <li>• Dish soap</li> <li>• Mop floors with it</li> </ul>	<ul style="list-style-type: none"> <li>• Body wash</li> <li>• Pet shampoo</li> <li>• Toothpaste</li> <li>• Prevent eczema</li> </ul>	<ul style="list-style-type: none"> <li>• Treat eczema and psoriasis</li> <li>• Cure acne</li> </ul>
<b>Castor Oil</b>	<ul style="list-style-type: none"> <li>• Discourage rodents</li> <li>• Lubricate kitchen scissors</li> <li>• Restore health of your plants</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthen eyelashes</li> <li>• Relieve cracked heels</li> <li>• Soften cuticles</li> </ul>	<ul style="list-style-type: none"> <li>• Treat dry/itchy skin</li> <li>• Laxative</li> <li>• Induce labor</li> <li>• Relieve menstrual cramping</li> </ul>

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**Lemon Juice:** Great for detox, digestion, sore throats, immunity, whitens clothes, cleans glass, highlights hair, can reduce wrinkles, skinks pores and can disinfect!

**Coconut Oil:** Can polish wood, used as wd-40, lip gloss, deodorant, prevents wrinkles, improves thyroid function and can reduce

migraines, just to mention a few.

**Apple Cider Vinegar:** Repels fleas, deodorizes laundry, can soothe a sunburn, washes hair, treats acne, great for detox, can help control blood pressure, can cure yeast infections, prevent colds and much much more!

**White Vinegar:** Can polish silver, clean windows, unclog drains, cure an upset stomach, soothe a bee sting, used as a natural conditioner etc...

Baking Soda: Puts out fires, helpful for cleaning toilets or ovens, can be used in deodorants and toothpaste, heals diaper rash, treats heartburn just to name a few.

**Castile Soap:** All-purpose cleaner, dish soap, can mop floors with it, body wash, pet shampoo, toothpaste, treats eczema, psoriasis, acne and other skin problems.

Castor Oil: Keeps away rodents, helps plant health, strengthen eyelashes, heals cracked heels, softens cuticles, treats dry/itchy skin, can be used as a laxative, helps induce labor and can even reduce menstrual cramping.